

# Thirst Quencher

## WATER – Why We Need It!

Find the **bolded** words below in the word search:

Water helps almost every part of your body function. **Water...**

- Carries **nutrients, hormones, and enzymes** throughout your body like a **transport system**.
- Actively participates in **chemical reactions** that convert food into energy.
- Provides necessary **moisture** to your eyes, mouth, lungs, skin, intestines, and muscles.
- Helps moisten oxygen for **breathing**.
- Acts as a shock **absorber** inside the eyes, spinal cord, and joints.
- Cushions your nerves, **lubricates** your joints, and helps your **hearing**.
- Keeps your body **temperature in balance**. **Sweating** is the body's built-in air conditioner.
- Helps remove **waste** from your body.

U	T	J	V	R	I	S	L	N	W	W	M	G	F	Y
B	L	E	X	S	E	D	U	I	A	C	O	N	G	R
U	A	S	M	M	N	T	B	A	T	D	I	I	N	D
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Q	J	Z	A	I	E	M	I	Z	R	Z	T	T	T	Y
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C	T	E	A	K	N	E	T	T	A	A	E	R	W	C
S	H	S	G	Y	U	Y	E	B	U	W	E	B	S	X
Q	T	E	T	R	O	P	S	N	A	R	T	R	D	J
E	L	O	M	R	I	O	W	E	N	W	E	Z	Y	F
H	U	T	G	I	R	S	N	O	I	H	S	U	C	X
Z	F	G	X	B	C	B	H	E	A	R	I	N	G	Z
I	N	V	E	C	X	A	H	O	R	M	O	N	E	S
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**So take time out to drink plenty of fluids throughout the day. Drink fluids with each meal and snack and carry a bottle of water with you when you travel.**

Source: Hydration calculator.

Retrieved March 3rd, 2005, from [http://www.bottledwater.org/public/BWFactsHome\\_main.htm](http://www.bottledwater.org/public/BWFactsHome_main.htm)

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